

Cuisinart™

INSTRUCTION AND
RECIPE BOOKLET



Rice Cooker

CRC-400C

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

1. READ ALL INSTRUCTIONS.
2. Do not touch hot surfaces; use handles or knobs.
3. To protect against risk of electrical shock, do not immerse the Rice Cooker housing in water or any other liquid. If housing falls into liquid, unplug the cord from outlet immediately. DO NOT reach into the liquid.
4. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the nearest Cuisinart Repair Center for examination, repair or mechanical or electrical adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
8. Do not use outdoors or anywhere the cord or motor housing might come into contact with water while in use.
9. Do not use the Rice Cooker for anything other than its intended use.
10. To avoid the possibility of the Rice Cooker being accidentally pulled off work area, which could result in damage to the Rice Cooker or in personal injury, do not let cord hang over edge of table or counter.
11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including a stove.
12. Extreme caution must be used when moving a Rice Cooker containing hot oil or other hot liquids.
13. Do not place on or near a hot gas or electric burner, or in a heated oven.
14. Do not operate Rice Cooker in water or under running water.
15. To reduce the risk of electric shock, cook only in removable container. Do not immerse in water.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS:

A short power-supply cord is provided to reduce the risks of becoming entangled in or tipping over a longer cord.

Longer extension cords are available and may be used if care is exercised.

If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tipped over.

NOTICE:

This appliance has a polarized plug (one prong is wider than the other). As a safety feature, this plug will fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

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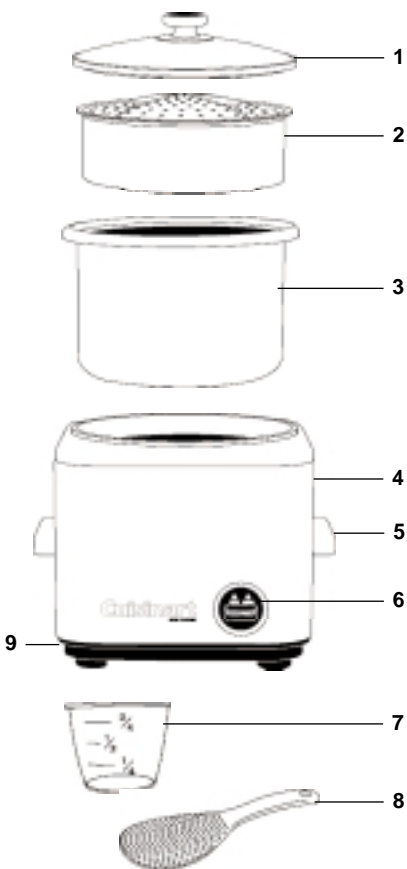
INTRODUCTION

Cuisinart takes the guesswork out of cooking rice. Now all you have to do is add liquid and rice, stir, cover, and press a switch. When rice is perfectly cooked, your Cuisinart™ Rice Cooker automatically reduces the temperature to keep rice warm until you're ready to eat. A stainless steel steaming tray is included to let you steam your cooked vegetables, fish, poultry, and specialties like dim sum!

As always, cleanup is quick, because all removable parts are dishwasher safe.

FEATURES AND BENEFITS

- 1. Glass Lid w/ Stainless Steel Rim and Steam Vent:** See-through glass lid allows you to view the rice while the steam vent helps to prevent splattering. Stainless steel rim accents any kitchen.
- 2. Steaming Tray:** Allows you to steam a variety of foods while the rice is cooking.
- 3. Cooking Pot:** Nonstick coating prevents the rice from sticking to the pot.
- 4. Stainless Steel Housing:** Durable stainless steel construction makes cleanup easy.
- 5. Chrome-plated Handles:** Cool touch handles.
- 6. “Cook” and “Warm” Indicator Switch:** LED lights on top of the switch indicate that the unit is in “Cook” or “Warm” mode.
- 7. Measuring Cup:** Calibrated specifically for your Cuisinart™ Rice Cooker; allows you to measure the proper rice to water proportions with ease.
- 8. Rice Paddle:** Allows you to fluff and scoop the rice out of the cooking pot and rice doesn't stick to the utensil.
- 9. Retractable Cord Storage (not shown):** Convenient retractable cord storage.



IMPORTANT GUIDELINES

- This appliance generates steam. Do not operate uncovered.
- Do not use your Rice Cooker under wall hanging cabinets; the escaping steam could cause damage.
- Do not use metal utensils. Metal utensils will damage the nonstick finish on inner Rice Cooking pot.
- Do not plug in the Rice Cooker before rice and water have been added. Because most Rice Cookers do not have an “Off” setting, the unit will automatically be in “Warm” mode immediately after the unit is plugged in.

TIPS AND HINTS

- The Cuisinart™ Rice Cooker is a perfect appliance for a busy lifestyle and limited space. It will cook rices and grains perfectly with minimal fuss, taking up little counter space and leaving all your burners free for other tasks. Cleaning up the nonstick Rice Cooker bowl is quick and easy and there is virtually no maintenance.
- Your Rice Cooker can be used for more than just plain old rice. It is a simple way to cook pilafs. It is also wonderful for preparing risottos, polenta, oatmeal and other breakfast cereals that require constant stirring and attention. Simply turn unit on and walk away – it will automatically switch to “Warm” when ready to serve.
- You can use your Rice Cooker to cook a combination of rice, grains and legumes at the same time. Follow our recipes for ideas and suggested amounts to use – let your imagination be your guide.
- Rinsing/Washing Rice: Generally the rule is to “wash” or rinse imported rice and not to wash or rinse domestic rices, as they have been vitamin enriched. To wash rice: place in a medium bowl and cover with water, swirl until the water appears chalky/cloudy and drain in a fine mesh strainer. Repeat until water is clear (or nearly clear) when rice is covered and swirled. Rice aficionados will even “wash” domestic rice, as it removes the starches and reduces stickiness. If you follow a well-balanced diet, then the loss of these vitamins will not be detrimental. Do not wash your rice in the Rice Cooker Bowl – if the outside of the bowl is wet when cooking, it may cause damage to your Rice Cooker.
- Some rices may call for a soaking period. This can be done in the Rice Cooker Bowl prior to cooking.
- When cooking rice, boil it until it has absorbed all the liquid. At this time it is not quite done. Rice benefits from a “boil-steam” method of cooking. Allow your rice to rest on the “Warm” Setting for

5 to 10 minutes before serving for best results. Do not remove the cover and peek.

- After rice "rests" for 5 to 10 minutes, open Rice Cooker cover and stir rice gently with rice paddle or a wooden spoon. If rice is not ready to serve, re-cover and let stand on "Warm" until ready.
- The Rice Cooker will switch to the "Warm" cycle when it has finished cooking. At this time, you may stir in chopped raw vegetables such as green onions, slivered snow peas, shredded carrots, or even grape tomatoes to add texture to the dish – they will warm while the rice is resting, and if served in 5 to 10 minutes will retain their unique texture.
- The Rice Cooker can be used to prepare commercially packaged pilafs, rice and grain mixes. Some packages will come with generic Rice Cooker instructions, or they may be found on the websites of the manufacturers. If the package has a sautéing step, do it right in the Rice Cooker bowl. Turn on, add specified amount of butter or oil, add rice/vegetables/meat and sauté according to package instructions, with the lid on. Add liquid and continue to cook. If the rice is too wet, allow it to remain on "Warm" for 15 to 20 minutes before serving. If it is too chewy, add up to 1/4 cup more liquid and let stay on "Warm" until liquid is absorbed (about 15 to 20 minutes).
- When measuring rice with your Rice Cooker cup, level it off with a table knife or spatula as you would flour for baking.
- If desired, you may spray your Rice Cooker Bowl with nonstick cooking spray, but this step is not necessary, as it has a nonstick coating.
- When rice is placed in the Rice Cooking Bowl, level it off to a flat layer that covers the entire bottom of the bowl, to insure that it cooks evenly.
- The water you use for cooking rice should be the same water that you drink. If you do not like the taste of your tap water, use bottled or filtered water. The taste of the water will affect the taste of the rice.
- For best results, use cold water. Cooking times will vary depending on the temperature of the water being used.
- Liquids other than water may be used to cook rice. Use low-fat, low-sodium meat or vegetable stocks/broths. Fish stock or clam broth may be used for seafood flavoured rice.
- One to two teaspoons (5-10ml) of unsalted butter, olive, vegetable or nut oil will help keep grains of rice separate and prevent boiling over.
- If your recipe calls for salt, add and swirl in with the rice paddle or a wooden spoon after adding liquid – then level the rice as evenly as possible.
- The Rice Cooker can be used to steam vegetables, seafood and some meats while cooking the rice. Use our recipes as a guide, then create

your own combinations.

- When steaming vegetables, clean them and trim to similar size. Follow Vegetable Steaming Guide for steaming vegetables alone. To steam vegetables while preparing rice, use Vegetable Steaming Guide to time when to add vegetables in steaming tray to the Rice Cooker. Most vegetables can be added about 10 minutes before rice has finished cooking.
- When steaming meats such as poultry or sausage, cut all into small, similar sized pieces (such as "finger strips" or 1-inch slices). Arrange in a single layer in the steaming tray that has been sprayed with Cooking Spray.
- When steaming shrimp, scallops and other seafood, arrange in a single layer in the steaming tray that has been sprayed with Cooking Spray.
- When using your Rice Cooker, plug it in and arrange it on the counter away from the wall and not under hanging cabinets to prevent steam damage.
- The steam vent in the cover should always be placed facing the back of the Rice Cooker. Lift the lid from the back to the front to prevent steam burns.
- One cup of uncooked rice makes approximately three cups of cooked rice.
- 1 Rice Cooker Cup (filled to the top) =
3/4 Cup = 12 Tablespoons = 180ml

ASSEMBLY INSTRUCTIONS

To use your Cuisinart™ Rice Cooker:

1. Carefully unpack the Rice Cooker.
2. Rinse the nonstick cooking pot, steaming tray and lid in warm, soapy water. Rinse well and dry thoroughly.
3. Wipe all interior and exterior surfaces of the Rice Cooker base with a soft, damp cloth.
4. Place cooking pot in base of unit.
5. Place steaming tray in cooking pot with open part facing down.
6. Place the lid on top of the cooking pot.
7. Do not plug in unit. Your Rice Cooker is now ready for use.

OPERATION

Cooking Rice

1. Make sure your Cuisinart™ Rice Cooker is unplugged.
2. Place cooking pot into the stainless steel housing.

3. Measure desired amount of raw rice with the measuring cup provided. Rinse rice if needed. See "Cooking Rice Chart" for rice to water ratios.
4. Choose one of the following ways to add water or stock for cooking:
 - a. Using the measuring cup provided for rice, measure the appropriate amount of water using standard liquid measuring cup. See "Cooking Rice Chart".
 - b. Using the water line inside the cooking pot, add water to the rice inside the pot up to the proper water line. For example, if you added 2 cups of raw rice, add water to line 2 (white rice only).
5. Cover the cooking pot with lid. Make sure the steam vent is facing toward the back of the unit.
6. Plug in unit.
7. Set to the cook position by pressing the switch down. The "Cook" LED light will be illuminated.
8. Rice Cooker will heat and cook the rice. Cooking time will vary, depending on the amount and type of rice or grain being cooked.
9. Once the rice is cooked, the unit will automatically switch to the "Warm" setting and the "Warm" LED will be illuminated. The unit will stay in "Warm" mode until the unit is unplugged from the outlet.
10. For best texture, allow cooked rice to rest in "Warm" mode for 5 – 10 minutes.
11. Once you are ready to serve the rice, lift the lid away from you.
12. Fluff rice with paddle or utensil suitable for nonstick cookware.
13. Lift and remove cooking pot from Rice Cooker using potholders.

Cooking Rice and Steaming

1. Clean and prepare your vegetables, seafood, fish or poultry.
2. Follow steps 1-8 under the "Cooking Rice" section.
3. Fill the steaming tray with open end facing up.
4. Place the filled steaming tray on top of the cooking pot at the appropriate time for food being steamed. See "Steaming Vegetables Chart" for approximate cooking times.
5. Place lid on top of the steaming tray.
6. When the appropriate cooking time has elapsed, unplug the unit.

Steaming Only

1. Make sure unit is unplugged.
2. Fill cooking pot with the suggested amount of water based on the "Steaming Vegetables Chart".
3. Fill the steaming tray with open end facing up.
4. Place the filled steaming tray on top of the cooking pot.
5. Place lid on top of the steaming tray.
6. When water is completely evaporated, the unit will automatically switch to the "Warm" setting and the "Warm" LED will be illuminated. The unit will stay in "Warm" mode until the unit is unplugged from the outlet.
7. For best results, unplug unit immediately after the unit switches to "Warm", to prevent over-cooking.

Reheating Rice

1. Make sure unit is unplugged.
2. To reheat rice, add 1/4 cup (4 Tbsp./60ml) of cold water per cup of cooked rice.
3. Stir to mix.
4. Place lid on top of the cooking pot.
5. Plug in unit and set to the cook position by pressing the switch down. The "Cook" LED light will be illuminated.
6. Once the rice is cooked, the unit will automatically switch to the "Warm" setting and the "Warm" LED will be illuminated. The unit will stay in "Warm" mode until the unit is unplugged from the outlet.

CLEANING AND MAINTENANCE

1. Unplug your Cuisinart™ Rice Cooker and allow it to cool before cleaning.
2. Place cooking pot, steaming tray and lid in the dishwasher or wash with warm, soapy water. If food sticks to the surface, fill with warm, soapy water and allow to soak before cleaning.
3. If scouring is necessary, use a nonabrasive cleanser or liquid detergent with a nylon pad or brush.
4. Wipe base of unit with a soft, damp cloth or microfiber towel. NEVER IMMERSER BASE OF UNIT IN WATER.
5. Make sure all parts are cool before storing. Store unit in a clean, dry place.

COOKING CHARTS

Cooking Rice

Cooking times will vary according to amount and temperature of cooking liquid.

The simplest way to cook long grain (converted) white rice is to place rice in Rice Cooking Bowl and add liquids to appropriate line marking. For example, using the rice measuring cup provided, fill cooking pot with 1 cup rice. Then, add water to the 1 cup water marking inside the pot. If using 2 cups of rice, add water to the 2 cup water marking inside the pot. Do the same when using 3 or 4 cups of rice.

For grains or brown and specialty rices, use the chart provided below. Note that you should not prepare these in amounts larger than stated in the chart.

All rice/grain is measured in the Rice Cooker Cup. All water/liquid is measured in a standard liquid measuring cup.

Rice/Grain	Serves	Amount Rice (in Rice Cooker Cups)	Amount Water/Liquid (in standard liquid measure cups)
Long-Grain White	2	1	1-1/4 (310ml)
Long-Grain White	4	2	2-1/8 (530ml)
Long-Grain White	6	3	3 (750ml)
Long-Grain White	8	4	3-2/3 (915ml)
Medium Grain White	2	1	1-1/4 (310ml)
Medium Grain White	4	2	2 (500ml)
Medium Grain White	6	3	2-3/4 (690ml)
Medium Grain White	8	4	3-1/2 (875ml)
Arborio	4	1	3-1/4 (815ml)
Brown Rice (Med/Long)	2-4	1	1-3/4 (440ml)
Brown Rice (Med/Long)	3-5	1-1/2	2-1/2 (625ml)
Wehani Rice	4	1	1-7/8 (470ml)
Red Rice (Carmargue riz rouge; Bhutanese)	4	1	1-3/4 (440ml)
Wild Pecan	4	7-oz. package	1-3/4 (440ml)
Black Rice (Forbidden)	4	1	1-3/4 (440ml)
Sushi (soak rice for 30 minutes before cooking)	Makes about 5-1/2 C.	3	2-1/4 C. Water + (560ml) 2 T. Sake (30ml)
Pearl Couscous (Israeli)	6	1-1/2	3 (750ml)
Polenta (Cornmeal)	4	1	3 (750ml)
Oatmeal (Rolled Oats)	4	2	3 (750ml)
Oatmeal (Irish – soak overnight in total amount of cooking water)	2 to 3	1	3 (750ml)

Steaming Vegetables, Poultry, Seafood or Hard Cooked Eggs

Place indicated amount of water into the Rice Cooking Bowl. The amount needed will vary according to the type of food being cooked. Arrange foods in a single layer in the steaming tray. Vegetables should be cut in similar sizes as indicated. Cooking times are approximate and will yield cooked but crisp/tender vegetables. Add more time for more tender/softer vegetables or cut back on time for crispier vegetables to taste.

Rice Cooker must be unplugged immediately after vegetables have finished cooking to prevent overcooking. If cooking vegetables over rice, use chart to determine approximately when to add steaming tray to Rice Cooker. Serve steamed vegetables immediately or plunge into ice water to stop cooking to use in salads and other cold preparations.

Food	Amount	Preparation	Water	Cooking Time (approximate)
Asparagus	4 ozs. (114g)	3-inch (7.5cm) cut	1 1/2C (375ml)	9-10 minutes
Broccoli	4 ozs. (114g)	1-1/2-2 inch (3.75-5cm) flowerets	1 1/2C (375ml)	11 minutes
Carrots – Baby	8 ozs. (228g)	Whole	1 1/2C (375ml)	15 minutes
Carrots – sliced	8 ozs. (228g)	1/4-inch (0.6cm) slice	1 1/2C (375ml)	15 minutes
Green Beans	4 ozs. (114g)	1-1/2 inch (2.5-3.75cm) slice	1 1/2C (375ml)	8-9 minutes
Peas, Snow	4 ozs. (114g)	Whole, tipped & topped, strings removed	1 1/2C (375ml)	11 minutes
Peas, Edible Pod	4 ozs. (114g)	Whole, tipped & topped, strings removed	1 1/2C (375ml)	10 – 11 minutes
Potatoes, New (1-1/2" (3.75cm) diameter)	8 ozs. (228g)	Quartered	2C (500ml)	23-24 minutes
Potatoes, Yellow/Gold	12 ozs. (340g)	3/4-inch (1.9cm) dice	2C (500ml)	23-24 minutes
Sweet Potatoes	8 ozs. (228g)	Peeled, 1/2-inch (1.25cm) dice	2C (500ml)	18-19 minutes
Zucchini/ yellow squash	6 ozs. (170g)	Halve lengthwise, 3/4-inch (1.9cm) slices	1 1/2C (375ml)	11 minutes
Chicken/Turkey Fresh	8 ozs. (228g) (Maximum)	Cut in pieces, 1/2" (1.25cm) x 1/2" (1.25cm) x 3" (7.5cm) – lightly coat in olive oil	1 1/2C (375ml)	12-15 minutes
Sausages, Smoked	8-12 ozs. (228-340g)	Cut in 1/2 inch (1.25cm) Slices	1 1/2C (375ml)	12-15 minutes
Shrimp	8 ozs. (228g)	Peeled/unpeeled may be seasoned with herbs or prepared seafood seasoning such as Old Bay® (spray steaming tray with cooking spray)	1 1/2C (375ml) + 1T (15ml) vinegar	12-15 minutes (will depend on size of shrimp). Stir after 10 min.
Scallops, sea	8 ozs. (228g)	Season as desired (spray steaming tray with cooking spray or line with leaf lettuce)	1 1/2C (375ml)	10-15 minutes
Fin fish (Salmon, Haddock Cod, Sea Bass, etc.)	8 ozs. (228g)	Cut in 1-1/2 inch (3.75cm) squares arrange on lettuce leaves or parchment rounds in steaming tray	1 1/2C (375ml)	10-15 minutes
Eggs, Large	4	In shells	1 1/2C (375ml)	21 minutes (place in ice water immediately to stop cooking)

RECIPES

Wild Pecan® Rice Waldorf Salad

Your Rice Cooker comes with a 6-ounce (12 tablespoons or 3/4 of a standard 1-cup measure) measuring cup. All recipes in this Instruction & Recipe Book are written using the rice/grain/cereal measured with the Rice Cooker measuring cup. The liquid is measured with a traditional liquid measure (1 cup = 8 ounces = 16 tablespoons).

Only white rices can be cooked to the maximum amount possible in the Rice Cooker (4 Rice Cooker cups/8 Rice Cooker cups). Do not cook more than the suggested amounts of other rices on the cooking chart, as the amount of liquid needed to cook larger amounts will boil over.

Note: For all recipes, use the included Rice Cooker Measure Cup to measure the rice or grain. Use a standard liquid measure cup to measure all liquids. (This keeps your Rice Cooker Measure Cup dry for measuring dry rice/grain.)

The Rice Cooker Measure Cup = 3/4 cup standard dry measure or 12 tablespoons (180ml).

SALADS

Red Onion Vinaigrette

Makes 7/8 cup (220ml)

- 1/2 small red onion peeled, cut in 1/2-inch (1.25cm) pieces (about 1 ounce (28g))
- 1-1/2 teaspoons (7ml) Dijon-style mustard
- 1 teaspoon (5ml) sugar
- 1/2 teaspoon (2ml) kosher salt
- 1/4 teaspoon (1ml) freshly ground black pepper
- 1/4 cup (60ml) white balsamic vinegar (or use a fruit flavoured vinegar)
- 1/2 cup (125ml) extra virgin olive oil

Place the red onion, mustard, sugar, salt, pepper, and vinegar in a food processor or blender; process until smooth. Add the oil and process until emulsified. Keep vinaigrette in a covered container in the refrigerator until ready to use. If vinaigrette separates, stir with a whisk to emulsify.

Nutritional information per tablespoon:

Calories 71 (96% from fat) • carb. 1g • pro. 0g • fat 7g • sat. fat 1g • chol. 0mg • sod. 61mg • calc. 0mg • fiber 0g

- 1-1/2 cups (Rice Cooker) Wild Pecan® Aromatic Rice*
- 2-1/4 cups (560ml) water
- 1 shallot, peeled, finely chopped
- 2 teaspoons (10ml) Dijon-style mustard
- 1/2 teaspoon (2ml) kosher salt
- 1/4 teaspoon (1ml) freshly ground black pepper
- 3 tablespoons (45ml) sherry vinegar
- 3 tablespoons (45ml) extra virgin olive oil
- 2 tablespoons (30ml) vegetable oil
- 1/2 apple, such as Gala, Braeburn, Pink Lady, cored, cut in 1/4-inch (0.6cm) dice
- 1/2 cup (125ml) dried cranberries or dried tart cherries
- 1/3 cup (80ml) chopped toasted pecans
- 1/4 cup (60ml) chopped red onion
- 1/4 cup (60ml) chopped celery

Place rice and water in Rice Cooker Bowl and insert in Cuisinart™ Rice Cooker. Turn on and cook until water is absorbed; about 30 minutes. When unit switches to "Warm", let stand 5 minutes. Spread on a baking sheet to cool.

While rice is cooking and cooling, prepare the vinaigrette. Place the shallot, mustard, salt, pepper and vinegar in a small bowl; stir with a whisk to blend. Add the oils and whisk until emulsified; reserve.

When rice is cooled to room temperature, place in a large bowl. Add the diced apple, dried cranberries, chopped pecans, red onion, and celery; stir gently to combine. Pour the dressing over the salad and toss gently to coat and blend. Serve at room temperature. If not serving immediately, cover and refrigerate. Remove from refrigerator 30 minutes before serving.

*Conrad Wild Pecan® Aromatic Rice can be found in most well-stocked grocery stores. The 7-ounce package is the right amount for this recipe.

*Wild Pecan® is a registered trademark owned by Conrad Rice Mill, Inc.

Nutritional information per serving (1/2 cup (125ml)):
Calories 124 (57% from fat) • carb. 13g • pro. 1g • fat 8g • sat. fat 1g • chol. 0mg • sod. 81mg • calc. 6mg • fiber 1g

Yellow Rice and Black Bean Salad

This colourful salad is delicious with grilled seafood. Garnish with sliced avocado.

Makes 8 cups (2L)

- 1 cucumber, peeled & seeded, cut in 1/4-inch (0.6cm) dice
- 1-1/2 teaspoon (7ml) kosher salt, divided
- 1 teaspoon (5ml) vegetable oil
- 1 teaspoon (5ml) turmeric
- 3/4 teaspoon (4ml) ground cumin, divided
- 1-1/2 cups (Rice Cooker) long grain white rice
- 2-1/4 cups (560ml) water
- 1 clove garlic, peeled, finely minced
- 2 tablespoons (30ml) fresh lime juice
- 1 tablespoon (15ml) rice vinegar
- 1/4 teaspoon (1ml) ground coriander
- 1/4 teaspoon (1ml) oregano
- 6 tablespoons (90ml) extra virgin olive oil
- 1 can (15 ounce (425g)) black beans, rinsed and drained
- 1 cup (250ml) diced (1/4-inch (0.6cm)) jicama
- 1 cup (250ml) grape tomatoes, halved
- 1/2 cup (125ml) chopped red bell pepper
- 1/4 cup (60ml) chopped red onion
- 1-2 jalapeno peppers, stemmed, seeded, and finely chopped
- 1/4 cup (60ml) chopped fresh cilantro

Place the diced cucumber in a strainer. Sprinkle with 1/2 teaspoon (2ml) of the salt; toss to coat. Place strainer over a bowl to drain for 30 minutes.

Insert the Rice Cooker Bowl in the Cuisinart™ Rice Cooker. Add oil, turmeric and cumin; cover and cook and 2 minutes. Add rice; stir to coat with oil and spices. Cover; cook 2 minutes. Stir in water and 1/2 teaspoon (2ml) of the salt. Cover and turn on. Cook until liquid is absorbed, about 18 – 19 minutes. Spread the rice onto a baking sheet to cool.

Place minced garlic, lime juice, vinegar, coriander, oregano, the remaining salt and cumin in a small bowl; stir with a whisk to blend. Add olive oil and whisk until emulsified.

Place the cooled rice in a large bowl. Add the black beans, jicama, tomatoes, chopped red pepper, chopped onion, and chopped jalapeno. Stir gently to mix. Add the vinaigrette and chopped cilantro.

Stir gently to combine. Transfer to a decorative bowl to serve. If not serving immediately, cover and refrigerate. Remove from refrigerator 30 minutes before serving.

Nutritional information per serving (1/2 cup):
Calories 128 (39% from fat) • carb. 17g • pro. 3g • fat 6g • sat. fat 1g • chol. 0mg • sod. 88mg • calc. 18mg • fiber 2g

Greek Rice Salad

Serve this salad as a side dish with grilled tuna, swordfish or lamb.

Makes about 8 cups (2L)

- 1 teaspoon (5ml) extra virgin olive oil
- 1 cup (Rice Cooker) long grain white rice
- 1/2 cup (Rice Cooker) orzo
- 1/2 teaspoon (2ml) salt
- 2-1/4 cups (560ml) water
- 1 clove garlic, minced
- 1 large tomato, seeded and chopped
- 1 small cucumber, seeded and chopped
- 1 small red onion, peeled and chopped
- 3/4 cup (188ml) crumbled feta cheese
- 1/2 cup (125ml) pitted Kalamata olives, halved
- 1 can artichoke hearts, drained well and quartered
- 1/4 cup (60ml) chopped fresh parsley
- 1 tablespoon (15ml) fresh lemon juice
- 1/2 teaspoon (2ml) oregano
- 1/2 teaspoon (2ml) basil
- 1/2 teaspoon (2ml) kosher salt
- 1/4 teaspoon (1ml) freshly ground black pepper
- 3 tablespoons (45ml) extra virgin olive oil

Place Rice Cooker Bowl in Cuisinart™ Rice Cooker. Add olive oil. Cover and turn Rice Cooker on; wait 1 minute. Stir in rice and orzo. Cook for 2 minutes, stirring constantly. Add salt and water; sprinkle with minced garlic. Cover and cook until Rice Cooker liquid is absorbed and cooker switches to “Warm”. Let stand on “Warm” for 5 minutes. Spread the rice/orzo onto a baking sheet to cool.

While the rice cooks, place the tomato, cucumber, feta, olives, artichokes, parsley, lemon juice, oregano, basil, pepper and olive oil in a large bowl; stir. When rice/orzo mixture is cooled, stir into the vegetable mixture. Chill one hour or longer before serving.

Nutritional information per serving:
Calories 153 (50% from fat) • carb. 17g • pro. 3g • fat 8g • sat. fat 2g • chol. 6mg • sod. 555mg • calc. 54mg • fiber 1g

Forbidden Rice Salad

This black rice was once reserved only for the Emperor, forbidden to all others.

Makes about 3 cups (750ml) (6 servings)

- 3/4 cup (Rice Cooker) Forbidden Rice
- 1-1/3 cups (330ml) water
- 1 sweet potato (6 ounces (170g)), peeled and cut in 1/2-inch (1.25cm) cubes
- 3 green onions (include 2-3 inches (5-7.5cm) of green), trimmed and chopped
- 1/3 cup (80ml) chopped yellow bell pepper
- 1/4 cup (60ml) dried cranberries
- 2 tablespoons (30ml) toasted chopped pecans
- Miso Dressing (recipe follows)

Rinse and drain rice. Place in Rice Cooker Bowl. Add water; turn Rice Cooker on. Place sweet potato cubes in steaming tray. After 20 minutes of cooking, lift lid and place steaming tray on top of Rice Cooker Bowl, then cover immediately. Continue to cook until Rice Cooker switches to "Warm" cycle. Let stand 5 minutes. Remove steamer tray. Transfer rice to large bowl. Add 2 tablespoons (30ml) Miso Dressing and toss gently. Let cool 10 minutes.

Add cooled sweet potato, green onions, dried cranberries, chopped pecans, and 1- 2 more tablespoons (15-30ml) miso Dressing. Toss gently to combine and coat evenly with dressing. Add more dressing to taste if desired.

Nutritional information per serving (1/2 cup (125ml)), made with 4 tablespoons (60ml) dressing:
Calories 138 (33% from fat) • carb. 23g • pro. 2g • fat 5g • sat. fat 1g • chol. 0mg • sod. 97mg • calc. 15mg • fiber 2g

Miso Dressing

Makes 1/2 cup (125ml)

- 1 clove garlic, peeled and finely minced
- 1/2 teaspoon (2ml) dry mustard
- 1/2 teaspoon (2ml) ginger
- 1/4 cup (60ml) fresh lemon juice
- 1 tablespoon (15ml) sherry vinegar
- 3 tablespoons (45ml) vegetable oil
- 2 tablespoons (30ml) yellow Miso (available at Asian grocery stores and health food markets)
- 1 teaspoon (5ml) toasted sesame oil
- 1 teaspoon (5ml) soy sauce
- 1/2 teaspoon (2ml) brown sugar

Place garlic, mustard, ginger, lemon juice and vinegar in a small bowl; stir with a whisk until emulsified. Add Miso and oil.

Nutritional information per tablespoon (15ml):
Calories 64 (81% from fat) • carb. 3g • pro. 1g • fat 6g • sat. fat 1g • chol. 0mg • sod. 184mg • calc. 5mg • fiber 0g

Wheat Berry & Vegetable Salad

Makes 3 cups salad (six servings)

- 1 cup (Rice Cooker) wheat berries
- 1-1/2 cups (375ml) water
- 1/4 teaspoon (1ml) kosher salt
- 1 ounce (28g) chopped red onion
- 2/3 cup (165ml) cut corn (use frozen, thawed)
- 1/2 cup (125ml) shredded zucchini
- 1/2 cup (125ml) chopped red bell pepper
- 1/4 cup (60ml) chopped green onion
- 1/4 cup (60ml) chopped sun-dried tomatoes
- 4 tablespoons (60ml) Red Onion Vinaigrette
- 2 tablespoons (30ml) chopped fresh parsley

Soak the wheat berries in 2 inches (5cm) of water for 1 hour. Drain and place in Rice Cooking Bowl of Cuisinart™ Rice Cooker. Add water and 1/4 teaspoon (1ml) salt. Turn on and cook until all water is absorbed and unit switches to "Warm", about 35 minutes. Let stand 5 minutes. Spread out on a baking sheet to cool.

When wheat berries are cooled, place in a medium bowl with the corn, zucchini, red pepper, green onion, and sun-dried tomatoes. Toss gently to combine. Add 4 tablespoons (60ml) of the dressing (cover and refrigerate remaining dressing for another use) and the parsley; toss to combine. If not serving immediately, cover and refrigerate. Remove from refrigerator 30 minutes before serving.

Nutritional Information per serving
Calories 110 (46% from fat) • carb. 15g • pro. 2g • fat 7g • sat. fat 1g • chol. 0mg • sod. 148mg • calc. 14mg • fiber 3g

SIDE DISHES

Curried Rice Pilaf with Apricots & Pine Nuts

Makes 4 cups (1L) (6 to 8 servings)

- 1 tablespoon (15ml) unsalted butter
- 1/2 cup (125ml) chopped onion
- 1-1/2 teaspoons (7ml) curry powder
- 1/2 teaspoon (2ml) turmeric
- 2 cups (Rice Cooker) long grain white rice
- 2-1/4 cups (560ml) water
- 1 teaspoon (5ml) kosher salt
- 1/2 cup (125ml) slivered dried apricots
- 2 tablespoons (30ml) toasted pine nuts

Place the Rice Cooking Bowl in the Cuisinart™ Rice Cooker. Add the butter, cover and turn on; wait 2 minutes. Add the chopped onion, curry powder and turmeric to the melted butter; stir with rice paddle to coat. Cover and cook 5 minutes. Stir in the rice, water and salt. Top with the slivered apricots. Cover and reset Rice Cooker to On. Cooking time will be approximately 18 minutes, then the Rice Cooker will switch to “Warm”. Let stand 5 to 10 minutes on “Warm” (or longer) before serving. Fluff with rice paddle and transfer to a warm serving bowl. Sprinkle with toasted pine nuts just before serving.

Nutritional information per serving:

Calories 161 (15% from fat) • carb. 33g • pro. 3g • fat 3g • sat. fat 1g • chol. 4mg • sod. 170mg • calc. 10mg • fiber 2g

Brown, Wehani & Wild Rice Pilaf

Makes 3 cups (750ml) (six servings)

- 1 tablespoon (15ml) unsalted butter
- 2 tablespoons (30ml) minced celery
- 2 tablespoons (30ml) minced shallot
- 3/4 cup (Rice Cooker) long grain brown rice
- 1/2 cup (Rice Cooker) wehani rice
- 1/4 cup (Rice Cooker) wild rice
- 1/2 teaspoon (2ml) herbs de Provence
- 1/4 cup (60ml) dry white vermouth or dry white wine
- 1-1/8 cups (280ml) chicken stock (low sodium)
- 1-1/8 cups (280ml) water
- 1/2 cup (125ml) dried cranberries
- 2 green onions, trimmed and chopped (include several inches of green)

- 1/3 cup (80ml) chopped toasted pistachios

Place Rice Cooker Bowl in Cuisinart™ Rice Cooker. Place butter in Rice Cooker Bowl. Cover and turn on; cook 2 minutes. Add celery and shallot to melted butter; stir with rice paddle. Cover; cook 2 minutes. Add three rices and herbs de Provence; stir to coat with butter, using rice paddle. Add wine; stir. Cover and cook 3 minutes. Add chicken stock and water; stir. Cover; turn on and cook until liquid is absorbed, about 39 minutes – unit will then switch to “Warm”. Sprinkle the dried cranberries and chopped green onions on top of the rice. Cover and let stand 5 minutes. Stir in half the chopped toasted pistachios. Transfer to a warmed serving bowl and top with remaining pistachios. Serve immediately.

Nutritional information per serving:

Calories 134 (18% from fat) • carb. 23g • pro. 4g • fat 3g • sat. fat 1g • chol. 5mg • sod. 264mg • calc. 16mg • fiber 2g

Brown Rice and Lentil Pilaf

Makes 2 cups (500ml) (4 servings)

- 1/2 tablespoon (8ml) extra virgin olive oil
- 2 tablespoons (30ml) chopped carrots
- 2 tablespoons (30ml) chopped mushrooms
- 2 tablespoons (30ml) chopped shallots
- 1 cup (Rice Cooker) long grain brown rice
- 1/3 cup (Rice Cooker – measure to 60cc marking) brown lentils
- 1/2 teaspoon (2ml) thyme
- 1-1/8 cups (280ml) chicken stock
- 3/4 cup (188ml) water
- 1/2 teaspoon (2ml) kosher salt

Place Rice Cooking Bowl in Cuisinart™ Rice Cooker. Add olive oil. Cover and turn on; let heat for 1 minute. Add carrots, mushrooms and shallots to Rice Cooker Bowl; stir, using rice paddle to coat with oil. Cover and cook for 3 minutes (Rice Cooker will shut off). Stir in rice, lentils and thyme. Add stock and water; stir, using rice paddle. Cover and turn on. Cooking time will be approximately 30 minutes. The Rice Cooker will then switch to “Warm”. Let stand 5 to 10 minutes (or longer) on “Warm” before serving. Fluff with rice paddle and transfer to a warm serving bowl.

Nutritional information per serving:

Calories 185 (14% from fat) • carb. 34g • pro. 6g • fat 3g • sat. fat 0g • chol. 0mg • sod. 332mg • calc. 20mg • fiber 3g

Confetti Pilaf

This mixture of wheat berries and brown and wild rices is finished off with green peas and chopped red bell pepper – the look is wonderfully full of color, and the pilaf is perfect with grilled chicken or fish.

Makes 4 cups (1L) (eight servings)

- 1/2 cup (Rice Cooker) wheat berries* (not cracked wheat or bulgur)
- boiling water
- 1 teaspoon (5ml) unsalted butter
- 1 teaspoon (5ml) extra virgin olive oil
- 3 tablespoons (45ml) finely chopped onion or shallot
- 2 tablespoons (30ml) finely chopped carrot
- 3/4 cup (Rice Cooker) long grain brown rice
- 1/4 cup (Rice Cooker) wild rice
- 1/2 teaspoon (2ml) marjoram
- 1-1/8 cups (280ml) low-sodium chicken stock
- 1-1/8 cups (280ml) water
- 1/2 teaspoon (2ml) kosher salt
- 3/4 cup (188ml) frozen baby peas, thawed
- 1/2 cup (125ml) chopped red bell pepper
- 2 green onions, trimmed (include 2-3 inches (5-7.5cm) of green), chopped
- 1/2 teaspoon (2ml) freshly ground pepper

Place the wheat berries in a heatproof bowl and cover with 2 inches of boiling water. Let stand 1 hour to soften. Drain.

Insert the Rice Cooker Bowl in the Cuisinart™ Rice Cooker. Place the butter and olive oil in the Rice Cooker Bowl; cover and turn On. Heat for 1 minute. Add chopped onion and carrot; stir, cover, and cook 2 minutes. Add drained wheat berries, brown rice, wild rice, and marjoram; stir to coat. Cover; cook 2 minutes. Add chicken stock, water and salt; stir. Cover and cook until liquid is absorbed and Rice Cooker switches to “Warm”, about 45 minutes. When Rice Cooker switches to “Warm”, add the thawed peas, chopped red pepper and green onions. Cover and let stand 5 minutes. Add ground pepper; toss gently to combine. Transfer to a warm bowl to serve. Serve hot.

*Wheat berries can be found in many well-stocked grocery stores, specialty food stores or health food stores. Wheat berries are whole unprocessed kernels of wheat. They can be cooked in cereals, pilafs and breads and add a nutty flavour. Wheat berries should be soaked prior to using to soften.

Nutritional information per serving:

Calories 108 (16% from fat) • carb. 19g • pro. 3g • fat 2g • sat. fat 0g • chol. 1mg • sod. 197mg • calc. 13mg • fiber

Creamy Parmesan Risotto with Asparagus

Use vegetable stock to make this a vegetarian dish.

Makes 3 cups (750ml) (serves six as a side dish, 4 as a first course, 2 as an entrée)

- Cooking spray
- 4 ounces asparagus, peeled, cut in 1-inch (2.5cm) pieces
- 1 teaspoon (5ml) unsalted butter
- 1 teaspoon (5ml) extra virgin olive oil
- 1/3 cup (80ml) finely chopped onion or shallot
- 1/3 cup (80ml) finely chopped carrot
- 1 cup (Rice Cooker) Arborio rice
- 1/3 cup (80ml) dry white wine or vermouth
- 3 cups (750ml) water, chicken or vegetable stock (may mix)
- 4 tablespoons (60ml) heavy cream
- 1/4 cup (60ml) freshly grated Parmesan cheese
- 1/4 teaspoon (1ml) ground white pepper

Lightly coat the steaming tray of the Cuisinart™ Rice Cooker with cooking spray. Place asparagus in steaming tray; reserve.

Place the butter and olive oil in the Rice Cooking Bowl of the Cuisinart™ Rice Cooker. Cover, turn on and wait one minute. Stir in the chopped onions and carrots and cover; cook 1 minute. Add the rice; stir to coat completely. Cover and cook 2 minutes. Stir in the wine; cover. Cook 2 to 3 minutes, until the wine is completely absorbed. Add the water or stock; stir. Cover and cook for 25 minutes, stirring 2 or 3 times during cooking. Place the asparagus filled steaming tray on the Rice Cooking Bowl and cover. Cook until the Rice Cooker switches to “Warm”, about 5 minutes longer. When Rice Cooker switches to “Warm”, stir in the heavy cream, Parmesan, and white pepper. Replace the steaming tray over the Rice Cooking Bowl and let stand on “Warm” for 5 to 10 minutes. Stir the steamed asparagus into the risotto. Serve hot.

Nutritional information per serving

(based on 6 servings):

Calories 110 (37% from fat) • carb 11g • pro. 4g • fat 4g • sat. fat 2g • chol. 11mg • sod. 334mg • calc. 66mg • fiber 1g

ENTRÉES

Sun-Dried Tomato Pearl Couscous

Makes 2 cups (500ml) (four servings)

- 1 teaspoon (5ml) extra virgin olive oil
- 3 tablespoons (45ml) finely chopped onion or shallot
- 1 cup (Rice Cooker) pearl couscous (also known as Israeli couscous)*
- 3/4 cup (188ml) low-sodium chicken stock
- 3/4 cup (188ml) water
- 1/4 teaspoon (1ml) kosher salt
- 1/4 cup (60ml) chopped sun-dried tomatoes (not oil packed)
- 1/2 teaspoon (2ml) basil
- 1 tablespoon (15ml) chopped toasted pine nuts

Insert Rice Cooking Bowl in Cuisinart™ Rice Cooker. Add oil, cover and turn on; heat 1-1/2 minutes. Stir in chopped onion. Cover and cook 2 minutes. Add couscous to Rice Cooking Bowl. Stir, using rice paddle, for 1-2 minutes. Add chicken stock, water and salt; stir. Add sun-dried tomatoes and basil. Cover and cook until liquid is absorbed, about 15 minutes. Rice Cooker will switch to “Warm”. Let stand 5 minutes or hold on “Warm” until ready to serve. Transfer to a warm bowl and sprinkle with chopped toasted pine nuts to serve.

*Pearl or Israeli couscous can be found in well-stocked grocery stores or in specialty food stores.

Nutritional information per serving:

Calories 83 (26% from fat) • carb 13g • pro. 3g • fat 3g • sat. fat 0g • chol. 0mg • sod. 228mg • calc. 12mg • fiber 1g

Saffron Risotto with Snow Peas

Makes two entrée servings or 4 side dish servings (2 cups total)

- 2-1/4 cups (560ml) water
- 1/4 teaspoon (1ml) saffron threads
- 1/2 tablespoon (8ml) unsalted butter
- 1/2 tablespoon (8ml) extra virgin olive oil
- 2 tablespoons (30ml) minced carrot
- 2 tablespoons (30ml) minced celery
- 2 tablespoons (30ml) minced shallot
- 3/4 cup (Rice Cooker) Arborio rice
- 3 tablespoons (45ml) dry white vermouth or other dry white wine (not Chardonnay)
- 1/2 teaspoon (2ml) kosher salt
- 3/4 cup (188ml) shredded snow peas

Heat the water until simmering (may be done on stovetop or in microwave). Stir in saffron threads; reserve.

Insert the Rice Cooking Bowl in the Cuisinart™ Rice Cooker. Place the olive oil and butter in the Rice Cooking Bowl, cover and turn Rice Cooker on. Heat olive oil and butter for 1 minute. Add the minced carrot, celery and shallots. Cover and cook 2 minutes. Stir in Arborio rice; cover and cook 2 minutes. Stir in wine; cover and cook 3 minutes. Stir in saffron infused water and salt. Cover and cook until the Rice Cooker switches to “Warm”, about 28 to 29 minutes. Lift lid, stir with rice paddle and recover two or three times while cooking. Add snow peas to the Rice Cooker on top of the risotto; cover and let stand 5 minutes. Stir snow peas into risotto and transfer to a warm serving bowl. Serve immediately.

Nutritional information:

Calories 89 (32% from fat) • carb. 12g • pro 2g • fat 3g • sat. fat 1g • chol. 4mg • sod. 190mg • calc. 21mg • fiber 1g

Creamy Fontina Risotto with Mushrooms

This creamy risotto makes a marvelous side dish or can be served as a first course.

Makes 3 cups (750ml) (serves 6 as a side dish, 4 as a first course)

- 2-1/2 teaspoons (12ml) unsalted butter, divided
- 2-1/2 teaspoons (12ml) extra virgin olive oil, divided
- 1/3 cup (80ml) finely chopped onion or shallot
- 1 cup (Rice Cooker) Arborio rice
- 6 tablespoons (90ml) dry white vermouth or other dry white wine (not Chardonnay)
- 3 cups (750g) low-sodium chicken broth
- 6 ounces (170g) shiitake mushrooms, tough stems removed, thinly sliced
- 1/4 teaspoon (1ml) thyme
- 3 ounces (85g) shredded Fontina cheese
- 1/2 teaspoon (2ml) freshly ground pepper
- Chopped fresh thyme and Italian parsley as garnish, optional

Place 1-1/2 teaspoons (7ml) each of the butter and olive oil in the Rice Cooking Bowl of the Cuisinart™ Rice Cooker. Cover, turn on, and wait one minute. Stir in the chopped onion and cover; cook 1 minute. Add the rice; stir to coat completely. Cover and cook 2 minutes. Stir in the wine; cover. Cook 2 to 3 minutes until the wine is completely absorbed. Add the chicken stock; stir.

Cover and cook until Rice Cooker switches to “Warm”, about 28 to 30 minutes, stirring 2 or 3 times during cooking.

While the risotto is cooking, heat the remaining teaspoon of the butter with the remaining teaspoon of the oil in a 10-inch (25cm) nonstick skillet over medium high heat. When bubbling, add the mushrooms, stir to coat, and cook, stirring now and then until the mushrooms are golden and slightly crispy.

When Rice Cooker switches to “Warm”, stir in the shredded Fontina, cooked shiitakes and ground pepper. Serve risotto hot. May be garnished with chopped fresh thyme and parsley, if desired.

Nutritional information per serving (1/2 cup):
Calories 207 (34% from fat) • carb. 26g • pro. 6g • fat 8g • sat. fat 4g • chol. 21mg • sod. 117mg • calc. 86mg • fiber 1g

Red Beans & Rice

This version of the traditional long cooking New Orleans dish can be made in less than 30 minutes in the Cuisinart™ Rice Cooker.

Makes 4 cups (1L)

- 4 ounces (113g) smoked chicken or turkey andouille sausage*
- Cooking spray
- 1 can (15 ounce) red beans, rinsed and drained
- 1 teaspoon (5ml) good quality olive oil
- 3 tablespoons (45ml) finely chopped onions
- 2 tablespoons (30ml) finely chopped celery
- 3 tablespoons (45ml) finely chopped green bell pepper
- 1 clove garlic, finely chopped
- 1 cup (Rice Cooker) long grain rice
- 1/2 teaspoon (2ml) thyme
- 1 bay leaf
- 1-1/2 cups (375ml) chicken stock
- 3 tablespoons (45ml) chopped Italian parsley
- Tabasco® or other hot sauce

Divide the sausage in half. Finely chop half the sausage; cut the remaining sausage into 1/2-inch pieces. Lightly coat the interior of the steaming tray with cooking spray. Place the red beans and sliced sausage into the steaming tray; reserve.

Insert the Rice Cooking Bowl into the Cuisinart™ Rice Cooker. Place the olive oil in the Rice Cooker Bowl, cover, and turn on for 1 minute. Add the onions, celery, bell pepper, and garlic; stir to coat with oil. Cover and cook 3 to 4 minutes. Stir in the rice and thyme. Stir until rice is opaque, 3 to 4 minutes. Tuck in the bay leaf and add the chicken stock. Place the filled steaming tray on the Rice Cooking Bowl; cover. Turn the Rice Cooker on and cook until it switches to “Warm”, about 18 minutes. Let stand at “Warm” for 5 minutes. Transfer beans and sausage to a medium bowl; add cooked rice mixture to the same bowl. Remove and discard bay leaf. Gently toss rice mixture with beans and sausage. Add parsley and toss to combine. Transfer to a warmed bowl to serve. Serve with hot sauce if desired.

*Smoked chicken or turkey andouille sausage has much less fat than traditional pork andouille. It can be found in many well-stocked grocery stores. Smoked turkey kielbasa can be substituted.

Nutritional information per serving:
Calories 265 (14% from fat) • carb. 43g • pro. 13g • fat 4g • sat. fat 1g • chol. 18mg • sod. 453mg • calc. 43mg • fiber 5g

“Not” Fried Rice

A quick and healthy version of that carry-out favourite.

Makes 4 cups (1L)

- 1/2 teaspoon (2ml) sesame oil
- 3 ounces (85g) chicken tender, cut into 1/4-inch pieces
- 8 medium shrimp, peeled, deveined, cut in half lengthwise
- 1 tablespoon (15ml) soy sauce (can use low-sodium)
- 1 teaspoon (5ml) rice vinegar
- 1/4 teaspoon (1ml) sugar
- 1/4 teaspoon (1ml) freshly ground black pepper
- 1 teaspoon (1ml) vegetable oil
- 1/4 ounce (7g) Canadian bacon or ham, cut into 1/4-inch (0.6cm) pieces
- 2 tablespoons (30ml) finely chopped onion
- 2 tablespoons (30ml) finely chopped carrot
- 1 tablespoon (15ml) chopped mushroom
- 1/2 clove garlic, finely chopped
- 1-1/4 cups (Rice Cooker) Basmati rice
- 1-3/4 cups (440ml) low-sodium chicken stock
- 1/3 cup (80ml) frozen peas, thawed
- 1/4 cup (60ml) julienned red bell pepper (1 x 1/8" (0.3cm) pieces)
- 2 green onions, trimmed and chopped (include 2-3 inches (5-7.5cm) of green)
- 1/2 cup (125ml) mung bean sprouts

Lightly coat the steaming tray with cooking spray. Place the chicken in a small dish and drizzle with half the sesame oil; stir to coat. Place in the steamer tray to one side in a single layer. Repeat with the shrimp. Reserve.

In a small bowl, combine the soy sauce, rice vinegar, sugar, and pepper. Stir until sugar dissolves; reserve.

Insert the Rice Cooking Bowl into the Cuisinart™ Rice Cooker. Add the oil; cover and turn on for 1 minute. Add the Canadian bacon, chopped onions, carrot, mushroom, and garlic. Stir to coat with oil. Cover and cook 4 to 5 minutes. Add the rice; stir to coat. Add the stock, cover and cook. After rice has cooked for 10 minutes, place the steaming tray over the Rice Cooking Bowl and cover. Continue to cook until Rice Cooker switches to “Warm”. Using protective potholders, lift off steaming tray. Add the peas, red pepper and green onions to the Rice Cooking Bowl on top of the rice – do not stir. Replace the steaming tray on top of the Rice Cooking Bowl and cover. Let stand 5 minutes. Transfer the rice and

vegetables to a medium bowl, along with the steamed chicken and shrimp and mung bean sprouts. Drizzle the soy mixture over the rice and stir to combine. Serve immediately.

Nutritional information per serving:

Calories 286 (12% from fat) • carb. 42 g • pro. 20g • fat 4g • sat.fat 1g • chol. 75mg • sod. 566mg • calc. 41mg • fiber 2g

Mexican Rice & Shrimp

Makes 3 entrée servings

- 1 teaspoon (5ml) extra virgin olive oil
- 2 tablespoons (30ml) red onion, chopped
- 1 clove garlic, chopped
- 3/4 teaspoon (4ml) oregano
- 1/4 teaspoon (1ml) ground coriander
- 1/4 teaspoon (1ml) ground cumin
- 1/4 teaspoon (1ml) kosher salt
- 1/4 teaspoon (1ml) turmeric
- 1 cup (Rice Cooker) long grain white rice
- 1-1/2 cups (375ml) water
- 12 ounces (340g) shrimp, peeled, deveined, halved lengthwise
- 1 can (15 oz.) diced tomatoes, drained – discard liquid
- 2/3 cup (165ml) frozen thawed peas
- 2 green onions, chopped
- 1 jalapeño pepper, stemmed, seeded, and chopped

Place Rice Cooking Bowl in Cuisinart™ Rice Cooker. Add olive oil. Cover and turn on; let heat for 1 minute. Add red onion, garlic, oregano, coriander, cumin, salt, and turmeric to Rice Cooker Bowl; stir, using wooden spoon, to coat with oil. Cover and cook for 1 minute. Add rice, stir and cook for 2 minutes. Add water; stir. Add drained diced tomatoes on top of rice – do not stir in. Cover and turn on.

Lightly coat the interior of the steaming tray with cooking spray. Place shrimp in steaming tray. After 25 minutes, place steaming tray on Rice Cooking Bowl; cover. Cook until Rice Cooker switches to “Warm”. Place the peas, green onions and jalapeño pepper on top of the rice. Cover and let stand on “Warm” for 5 minutes.

To serve, fluff with rice paddle and stir in vegetables. Transfer to top with steamed shrimp. Garnish with sliced avocado and serve with a wedge of lemon or lime.

Nutritional information per serving:

Calories 350 (9% from fat) • carb 49g • pro 29g • fat 3g • sat.fat 1g • chol. 221mg • sod. 485mg • calc. 108mg • fiber 4g

Couscous with Shrimp & Scallops

Easy enough to be a weeknight entrée.

Makes 2 entrée servings

- 6 ounces (170g) shrimp, peeled, deveined, cut in half lengthwise
- 6 ounces (170g) bay scallops
- 2 teaspoons (10ml) extra virgin olive oil, divided
- cooking spray
- 1 shallot, peeled, minced
- 1 clove garlic, minced
- 1 teaspoon (5ml) thyme
- 1 cup (Rice Cooker) pearl couscous (also known as Israeli couscous)*
- 3/4 cup (188ml) chicken or vegetable stock
- 3/4 cup (188ml) water
- 1/4 teaspoon (1ml) kosher salt
- 1/4 cup (60ml) chopped green pepper
- 1/4 cup (60ml) chopped red bell pepper
- 2 tablespoons (30ml) chopped fresh parsley
- 1 teaspoon (5ml) finely chopped lemon zest
- lemon wedges

Place shrimp and scallops in a small bowl. Add 1 teaspoon (5ml) of the olive oil and toss to coat. Lightly coat the interior of the steaming tray with cooking spray. Place the shrimp and scallops in the steaming tray; reserve.

Insert Rice Cooking Bowl in Cuisinart™ Rice Cooker. Add 1 teaspoon (5ml) of the oil, cover, and turn on; heat 1-1/2 minutes. Stir in shallot, garlic and thyme. Cover and cook 1 minute. Add couscous to Rice Cooking Bowl. Stir for 1 to 2 minutes. Add stock, water and salt; stir. Cover and cook for 7 minutes. Place steaming tray over Rice Cooker Bowl and continue to cook until Rice Cooker switches to “Warm”. Stir green and red peppers, parsley and lemon zest into couscous. Cover and let stand on “Warm” for 5 minutes. To serve, stir steamed shrimp and bay scallops into hot couscous. Garnish with lemon wedges.

*Pearl or Israeli couscous can be found in well-stocked grocery stores, or in specialty food stores.

Nutritional information per serving:

Calories 318 (19% from fat) • carb. 26g • pro. 37g • fat 7g • sat. fat 1g • chol. 194mg • sod. 691mg • calc. 85mg • fiber 2g

Risi e Bisi with Shrimp

The traditional Venetian comfort food, Rice & Peas, is taken a step further and garnished with steamed shrimp to make it a complete meal.

Makes 2 entrée servings

- 8 ounces (225g) shrimp, peeled, deveined, halved lengthwise
- 2 teaspoons (10ml) extra virgin olive oil, divided
- 1 teaspoon (5ml) unsalted butter
- 1/3 cup (80ml) finely chopped onion
- 1/3 cup (80ml) finely chopped celery
- 3 tablespoons (45ml) dry white wine or vermouth
- 1 cup (Rice Cooker) Arborio rice
- 3 cups (750ml) chicken or vegetable stock (may use half water)
- 1-1/4 cups (310ml) fresh or frozen thawed peas
- 1/4 cup (60ml) freshly grated Parmesan cheese

Place shrimp in a small bowl and drizzle with 1 teaspoon of the olive oil. Toss to coat. Lightly coat the steaming tray with cooking spray. Arrange shrimp in steaming tray; reserve.

Place remaining olive oil and butter in the Rice Cooking Bowl of the Cuisinart™ Rice Cooker. Cover, turn on, and wait one minute. Stir in the chopped onion and celery and cover; cook 1 minute. Add the rice; stir to coat completely. Cover and cook 2 minutes. Stir in the wine; cover. Cook 2 to 3 minutes until the wine is completely absorbed. Add the stock; stir. Cover and cook for 22 minutes, stirring 2 or 3 times during cooking. After 22 minutes, place steaming tray over Rice Cooking Bowl and cover. Continue to cook until Rice Cooker switches to “Warm”, about 8 to 10 minutes longer. Add peas to Rice Cooking Bowl. Cover and let stand on “Warm” for 5 to 10 minutes.

Just before serving, stir peas and steamed shrimp along with half the Parmesan into the cooked rice. Serve in warm bowls and top with remaining Parmesan.

Nutritional information per serving:

Calories 440 (23% from fat) • carb. 40g • pro. 20g • fat 11g • sat. fat 4g • chol. 237mg • sod. 1175mg • calc. 198mg • fiber 5g

Lemony Brown Basmati Rice & Chicken

Turn this into a vegetarian entrée by substituting canned chickpeas (rinsed and drained) for the chicken.

Makes 2 entrée servings

- 8 ounces (225g) boneless, skinless chicken breast*
- 1 teaspoon (5ml) extra virgin olive oil cooking spray
- 1-1/2 teaspoons (7ml) basil, divided
- 3/4 teaspoon (3ml) kosher salt, divided
- 1 teaspoon (5ml) unsalted butter
- 1 tablespoon (15ml) finely chopped onion
- 1 clove garlic, minced
- 3/4 cup (Rice Cooker) brown basmati rice, rinsed and drained
- 2 teaspoons (10ml) finely chopped lemon zest, divided
- 1/4 teaspoon (1ml) kosher salt
- 1-3/4 cups (440ml) water (or half water, half chicken stock)
- 2/3 cup (165ml) halved grape tomatoes lemon wedges

Cut chicken into "finger" sized strips, about 1/2 inch thick and 3 inches long. Toss with olive oil and half the basil. Lightly coat the steaming tray with cooking spray. Arrange the chicken in the steaming tray in a single layer; reserve.

Place Rice Cooking Bowl in Cuisinart™ Rice Cooker; add butter. Cover and turn on; let heat for 30 – 40 seconds. Stir in shallot, and garlic; cover and cook 30 seconds. Add rinsed and drained rice, 1 teaspoon (5ml) lemon zest, salt, and remaining basil. Stir to coat. Add water. Cover and cook for 28 minutes. Place steaming tray above rice, and cover. Continue to cook until Rice Cooker switches to "Warm" setting, about 10-12 minutes. Place tomatoes on top of rice and let stand on "Warm" for 10 minutes. To serve, stir tomatoes and steamed chicken into rice. Arrange on warmed plates, sprinkle with remaining lemon zest and serve with a wedge of lemon.

*You may use sea scallops in place of the chicken. Remove the tough muscle from the side of each scallop and toss scallops in olive oil. Shorten their cooking time slightly – do not add the scallops to the steamer until rice has cooked for 32 minutes.

Nutritional information per serving:

Calories 485 (19% from fat) • carb. 58g • pro. 39g • fat 10g • sat. fat 3g • chol. 92mg • sod. 589mg • calc. 54mg • fiber 4g

Teriyaki Steamed Chicken with Cranberry Wild Rice

You may substitute turkey cutlet or tenderloin for the chicken.

Makes 2 entrée servings

- 1 tablespoon (15ml) light soy sauce
- 1 tablespoon (15ml) honey
- 2 teaspoons (10ml) dry sherry
- 1/2 clove garlic, peeled, finely minced
- 1/2 teaspoon (2ml) powdered ginger
- 1/2 tablespoon (8ml) vegetable oil
- 1 tablespoon (15ml) finely minced green onion
- 8 ounces (225g) boneless, skinless chicken breast cooking spray
- 3/4 cup (Rice Cooker) wild rice
- 1-1/2 cups (375ml) chicken stock
- 6 tablespoons (90ml) water
- 1/2 teaspoon (2ml) kosher salt
- 1/2 cup (125ml) dried cranberries
- 3 green onions, very thinly sliced
- 1 tablespoon (15ml) minced jalapeño pepper

Place the soy, honey, sherry, garlic, ginger, oil, and green onion in a small bowl. Whisk to blend. Cut the chicken into "finger" sized pieces, about 1/2-inch (1.25cm) thick and 3 inches long. Stir the chicken into the teriyaki marinade and let stand for 15 minutes.

Lightly coat both the steaming tray and Rice Cooking Bowl with cooking spray. Place the Rice Cooking Bowl in the Cuisinart™ Rice Cooker. Place the rice in the rice bowl. Add the stock, water and salt; stir. Cover and turn on. Cook for 50 minutes. Drain the chicken and place in prepared steamer tray; discard marinade. After rice has cooked for 50 minutes, place the steaming tray over the Rice Cooking Bowl and cover. Cook for an additional 12-15 minutes, until the Rice Cooker switches to "Warm". When Rice Cooker switches to "Warm", place the dried cranberries, green onions and minced jalapeño peppers on top of the rice. Cover and let stand on "Warm" for 10 minutes.

To serve, stir rice to blend in cranberries, green onions and jalapeño. Transfer to warmed plates and top with steamed teriyaki chicken fingers.

Nutritional information per serving:

Calories 546 (13% from fat) • carb 74g • pro. 44g • fat 8g • sat. fat 2g • chol. 87mg • sod. 786mg • calc. 36mg • fiber 6g

Jambalaya with Sausage & Shrimp

Makes 4 cups (1L)

- 4 ounces (112g) smoked chicken or turkey andouille sausage*
- 8 ounces (225g) shrimp, peeled, deveined, cut in half lengthwise
- Cooking spray
- 1 teaspoon (5ml) good quality olive oil
- 1/2 cup (125ml) finely chopped onions
- 1/4 cup (60ml) finely chopped celery
- 3 tablespoons (45ml) chopped green bell pepper (1/4-inch (0.6cm) chop)
- 3 tablespoons (45ml) chopped red bell pepper (1/4-inch (0.6cm) chop)
- 1 clove garlic, finely chopped
- 1-1/2 cups (Rice Cooker) long grain rice
- 1 teaspoon (5ml) thyme
- 1/2 teaspoon (2ml) chili powder
- 1-3/4 cups (440ml) chicken stock
- 3/4 cup (188ml) tomato sauce
- 1 bay leaf
- 3 tablespoons (45ml) chopped Italian parsley
- Tabasco® or other hot sauce

Cut sausage into 1/2-inch (1.25cm) slices. Lightly coat the interior of the steamer tray with cooking spray. Place the sausage and shrimp into the steaming tray; reserve.

Insert the Rice Cooking Bowl into the Cuisinart™ Rice Cooker. Place the olive oil in the Rice Cooker Bowl, cover, and turn on for 1 minute. Add the onions, celery, green and red peppers, and garlic; stir to coat with oil. Cover and cook 3 to 4 minutes. Stir in the rice, thyme, and chili powder. Stir until rice is opaque, 2 to 3 minutes. Add the chicken stock and tomato sauce; tuck in the bay leaf. Cover and cook for 10 minutes. Place the filled steaming tray on the Rice Cooking Bowl; cover. Continue to cook until Rice Cooker switches to "Warm", 8 to 10 minutes longer. Let stand at "Warm" for 5 minutes. Remove and discard bay leaf. Gently toss rice mixture with steamed shrimp and sausage. Add half the parsley and toss to combine. Transfer to a warmed bowl to serve. Sprinkle with remaining chopped parsley. Serve with hot sauce if desired.

*Smoked chicken or turkey andouille sausage has much less fat than traditional pork andouille. It can be found in many well-stocked grocery stores. Smoked turkey kielbasa can be substituted.

Nutritional information per serving:

Calories 299 (8% from fat) • carb. 50g • pro. 19g • fat 3g • sat. fat 0g • chol. 113mg • sod. 644mg • calc. 59g • fiber 2g

Cinnamon Raisin Oatmeal

No fuss, no stir, no boiling over, no burnt pan! Hot oatmeal has never been so easy to serve as it is when cooked in your Cuisinart® Rice Cooker.

Makes 4 servings (about 3/4 cup (180ml) each)

- 2 cups (Rice Cooker) rolled oats (not quick cooking)
- 3 cups (750ml) water
- 1 teaspoon (5ml) ground cinnamon
- 1/4 teaspoon (1ml) salt
- 3 tablespoons (45ml) raisins

Insert Rice Cooker Bowl In Cuisinart™ Rice Cooker. Place oatmeal, water, cinnamon and salt in Rice Cooker Bowl; stir. Sprinkle raisins over top. Cover and turn on; cooking time will be about 12-18 minutes. When unit switches to "Warm", Cinnamon Raisin Oatmeal is ready to serve, or it may be kept on "Warm". Stir before serving. Serve hot as is, or sprinkle with a sweetener such as brown sugar, honey or maple syrup. A dollop of yogurt (plain or vanilla) or milk to taste may be added.

Note: Other dried fruits may be substituted for the raisins. Try dried cherries, cranberries or blueberries, slivered dried apricots or plums or chopped dried apples.

You may make this oatmeal using Irish Oats.

Combine 1 Rice Cooker cup of Irish Oats with 3 cups (750ml) water in a bowl; cover, refrigerate and soak overnight. Transfer the soaked oatmeal and liquid to the Rice Cooker Bowl. Stir in cinnamon, salt and raisins. Turn on. When unit switches to "Warm", the Irish Oatmeal is done. Stir before serving.

Nutritional information per serving:

Calories 154 (12% from fat) • carb. 32 mg • pro 5g • fat 2g • sat. fat 0g • chol. 0mg • sod. 154 mg • calc. 32 mg • fiber 4g

WARRANTY

Three-Year Limited Warranty

This warranty supersedes all previous warranties on Cuisinart™ Rice Cooker. This warranty is available to consumers only. You are a consumer if you own a Cuisinart™ Rice Cooker that was purchased at retail for personal, family, or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart™ Rice Cooker will be free of defects in material or workmanship under normal home use for three years from the date of original purchase. We suggest that you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase. However, return of this product registration card does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Rice Cooker should prove to be defective within the warranty period, we will repair it (or, if we think it necessary, replace it) without charge to you. To obtain warranty service, please call our Consumer Service Centre toll-free at 1-800-472-7606, or write to:

Cuisinart Canada
156 Parkshore Drive
Brampton, Ont L6T 5M1

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product. Please also be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product's return.

Please pay by check or money order.

NOTE: For added protection and secure handling of any Cuisinart™ product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart™ Rice Cooker has been manufactured to strict specifications and has been designed for use with the Cuisinart™ Rice Cooker accessories and replacement parts. These warranties expressly exclude any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart. These warranties do not cover any damage caused by accident, misuse, shipment, or other than ordinary household use. These warranties exclude all incidental or consequential damages. Some states do not

allow the exclusion or limitation of incidental or consequential damages, so the foregoing limitation may not apply to you.

Before Returning Your Cuisinart Product

If you are experiencing problems with your Cuisinart product, we suggest that you call our Consumer Service Centre at 1-800-472-7606 before returning the product for servicing. Often, our Consumer Service Representatives can help solve the problem without having the product serviced. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

*** Important:** If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Centre at 1-800-472-7606 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

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